





Indian Chicken with Spiced Brown Rice and Beetroot Raita

 30-40min  2 Portions

Beetroot, a powerful antioxidant, has a plethora of health benefits and it's packed with vitamins and minerals as well as having anti-inflammatory effects. We haven't cooked it at all here, so it keeps all of its amazing nutrients. And for an added healthy boost, we've used brown basmati rice for the pilaf and lean chicken breasts making this meal a wonderfully healthy choice. Cook along with ...

What we send

- Asparagus, Spears Bunch
- free-range chicken breast fillets
- Indian spice mix
- Greek-style yoghurt ⁷
- curry leaves, ginger
- brown basmati rice
- beetroot
- onion

What you'll require

- salt and pepper
- spray oil
- vegetable oil

Utensils

- baking paper
- chargrill or frypan
- grater
- medium saucepan
- oven tray

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7). May contain traces of other allergens.

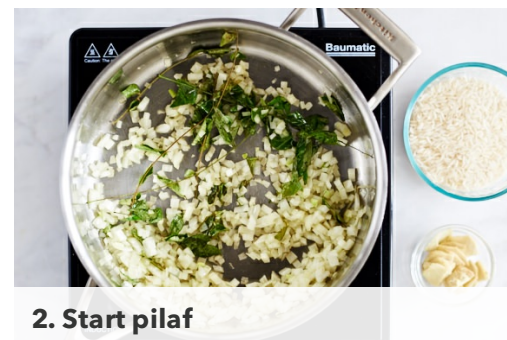
Nutrition per serving

Energy 565.0kcal, Fat 10.7g, Proteins 48.7g, Carbs 63.4g



1. Prepare ingredients

Preheat oven to 180C. Line an oven tray with baking paper and place in oven to heat up. Finely chop the **onion**. Peel and thinly slice the **ginger**.



2. Start pilaf

Heat 2 tsp **oil** in a medium saucepan over medium heat. Cook the **onion** and **curry leaves** (including stalks), stirring for 7 mins or until the onion softens. Be careful that the onion does not turn golden. Add the **rice** and **ginger** and stir until the rice is well coated.



3. Add water

Add 375 ml (1½ cups) water and season with **sea salt**. Bring to the boil. Cover and reduce heat. Cook for 12 mins or until water has absorbed and **rice** is tender. Remove from heat and stand for 6-8 mins to steam. Fluff up grains.



4. Season chicken

Meanwhile, place the **Indian spice mix** on a plate. Season with **sea salt and pepper**. Roll **chicken breasts** in spices until evenly coated. Trim woody ends of **asparagus** and cut into thirds, halving any thicker pieces.



5. Cook chicken and veggies

Heat a chargrill or large frypan over medium heat and lightly spray with **oil**. Cook the **chicken** for 3 mins each side then transfer to warmed oven tray. Roast for 8-10 mins until the chicken is cooked through. Meanwhile, cook **asparagus** in the same pan for 6-8 mins, turning until tender. Add 1-2 tbs water if necessary to help cooking process.



6. Make raita

Meanwhile, peel and coarsely grate ⅓ cup of **beetroot** (reserve remaining for another use) into a bowl. Stir through the **yoghurt** and season with **sea salt and pepper**. Thickly slice the **chicken** and serve with the **asparagus, spiced rice** and **beetroot raita**.